




## 2013 Wellness Program Event Calendar - July to October

Date	Event Description	Location\Time	Screenings
7/11/13	Medication Compliance - Seminar	<b>SPCC - 11 AM to 12 PM</b> 111 NW 1st Street, Rm #18-4	N/A
7/16/13	Stress Mgt & Mental Health - Seminar	<b>OTV - 11 AM to 12 PM</b> 701 NW 1st Court, 1st Floor Training Rm, 33136	N/A
7/19/13	Nutrition & Reducing Salt Intake - Seminar	<b>Police HQ - 11 AM to 12 PM</b> 9105 NW 25 St Cafetorium, Doral FL 33172	N/A
10/4/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium, Doral FL 33172	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/9/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>SPCC - 10 AM to 3PM</b> 111 NW 1st Street, Lobby and 22nd Fl Conf. Rm B (front)	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/10/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>MLK - 10:30 AM to 2:30 PM</b> 2525 NW 62nd St 2nd Floor Conf. Rm #1	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/11/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>OTV - 10 AM to 2PM</b> 701 NW 1st Court, 1st Floor Training Rm, 33136	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/15/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>RDPCC - ITD 10 AM-2 PM</b> 5680 SW 87 Ave, 1st Floor Command Ctr Conf Rm, Miami FL 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/18/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>Water &amp; Sewer - 10 AM to 2 PM Douglas HQ -</b> 3071 SW 38th Ave Room # 156A, Miami 33146	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/24/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>Aviation 10 AM to 2 PM</b> MIA - North Terminal, Concourse. D, 4th FL Auditorium	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
10/30/13	Know Your Numbers - End of Year Match Up & Flu Shots	<b>Permitting &amp; Inspection Center 7:30 AM to 11:30 AM</b> 11805 SW 26th St. Conf Rm I/J	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, <b>Flu shots.</b>
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